meditation & buddhism

drop-in classes

balmain
bondi beach
bondi junction
chatswood
circular quay
city
cronulla
glebe
gymea
kings cross
manly
neutral bay
newtown
north sydney
paddington
randwick
surry hills

June – December 2008
Mahasiddha Buddhist Centre
www.meditateinsydney.org

mahasiddha buddhist centre

Mahasiddha Buddhist Centre

Mahasiddha Buddhist Centre was established in March 2001 and is now based in a large house in Bondi Junction. The centre provides a facility where people can learn about meditation and the Buddhist way of life. We offer a full programme suitable for everyone, ranging from introductory drop-in classes to advanced classes, retreats and weekend courses.

The Teachers

Venerable Geshe Kelsang Gyatso

The Spiritual Director of Mahasiddha Buddhist Centre is Venerable Geshe Kelsang Gyatso. Geshe Kelsang is a fully qualified Spiritual Guide, author and meditation master. Geshe-la, as his students affectionately call him, has dedicated his entire life to teaching Buddhism and to providing conditions conducive to the study and practice of Buddha's teachings. His sole aim is to help others discover a meaningful life and solve their problems. Geshe-la has written over twenty highly acclaimed books that reveal the complete path to enlightenment, trained hundreds of meditation teachers through the Teacher Training Programme, and established more than 1,100 meditation centres and branches in over 40 countries.

Kelsang Dornying

Kelsang Dornying is the Resident Teacher of Mahasiddha Buddhist Centre. He is a well-loved and powerful teacher with a deep understanding of how peace and happiness arise from the practice of Buddha's teachings. He teaches with warmth and clarity, relating Buddhist wisdom to our everyday experiences. Dornying teaches the study programmes at the centre, selected day courses and the Wednesday night classes (see below). Our drop-in classes are taught by Kelsang Phachog, Kelsang Shechog, Kelsang Tsalden, Kelsang Zabdon, Mick Marcon, Natasha Mitchell, Katrina Stucki and Wayne Tebbutt – ordained and lay teachers from Mahasiddha Centre's community.

How to Solve Our Human Problems

Drop-in classes with Kelsang Dornying

Wednesdays 7.30 – 9.30pm Mahasiddha Buddhist Centre

Jun 18 – Jul 16; Aug 20 – Oct 22; Nov 19 – Dec 17 inclusive

In this busy world, our experiences of happiness are fleeting and short-lived, while inner peace eludes us completely. Our negative states of mind, such as uncontrolled desire and anger, create endless problems for ourselves and others, and prevent us from fulfilling our deepest wishes. In these classes we will see how Buddha's popular teaching on the Four Noble Truths offers a clear and simple solution, guiding us to a deep inner peace within our hearts. You can drop in to these classes any week and there is no need to book or bring anything. Class Fee: $15.

www.meditateinsydney.org

courses & study programmes

For detailed information or to book for the courses listed below, please call Mahasiddha Buddhist Centre or visit our website.

Pure & Simple Sat 19 July

Modern living is becoming increasingly busy, complicated and difficult. By adopting a pure and simple approach to life we will enjoy contentment, mental freedom and a greatly improved sense of well-being. Course fee $65.

Universal Compassion Sat 30 & Sun 31 August

with Gen Kelsang Rabten & Kelsang Dornying

Compassion is at the heart of Buddha's teachings. As we improve our compassion we naturally reduce the harmful states of mind that disturb our inner peace and cause suffering to ourself and others. On this weekend course held at KMCA Melbourne, we will learn how to transform all our daily difficulties into opportunities to enrich our lives by improving our compassion. Course fee $120 (not including accommodation).

Empowerment of Arya Tara Sat 27 & Sun 28 September

with Kelsang Dornying

Buddha Tara has perfect power to protect us from suffering and fears. Through receiving her blessings we are able to reduce our daily worries, develop lasting peace and contentment and open our heart fully to others. On this weekend course Kelsang Dornying will grant the empowerment of Arya Tara and give teachings on the Buddhist way of loving kindness. Course fee $125 (or $65 for 1 day).

Learn to Meditate Sat 15 November

Meditation is a way of calming the mind and developing a more positive approach to life. Learn how to meditate and how to use your experience of meditation to improve your daily life. Course fee $65.

The Way of Wisdom Sat 6 December

with Gen Kelsang Rabten

By understanding the relationship between our mind and our world, and the extent to which we create our own reality, we can remove the cause of all our suffering. On this course we will discover how Buddha's wisdom teachings free us from our negative states of mind and enable us to develop a deep, unshakeable happiness. This course also provides a great opportunity for people in Sydney to receive teachings from Gen Rabten, the National Spiritual Director of Kadampa Buddhism in Australia and New Zealand. Course fee $65.

Foundation Study Programme

Sundays 9.15am – 1.00pm

If you wish to deepen your experience of Buddha's teachings and learn how to transform your life into a dynamic spiritual path, you will enjoy the Foundation Programme (FP). Joining FP involves enrolling for the study of an entire book. For further information contact Shechog at the centre on 9387 7717

drop-in meditation classes

In each class a different aspect of meditation and Buddhism is explained. The classes are self-contained so you can drop in any week. There is no need to book or bring anything.

Classes consist of guided meditations, teaching and discussion followed by refreshments. Please arrive on time so as not to disturb the meditation sessions. Beginners welcome. Class Fee: $15.

course descriptions

Everyday Happiness
understanding karma • giving and good fortune • happiness from within

Buddhism: A Philosophy for Living
who was buddha? • finding inner peace • timeless teachings for happiness

Living in the Moment
learn to meditate • a worry-free life • enjoy each moment

Positive Thinking, Easy Life
the power of a peaceful mind • inspiring solutions for difficult times • six ways to easy living

The Secret of Self-Confidence
confidence and self-esteem • achieving your potential • the inner wealth of compassion

Mondays 7.30 – 9.30pm

Balmain Beyond the Ordinary Tea House, 314 Darling St

Everyday Happiness	Jun 16, 23, 30; Jul 7, 14
Buddhism: A Philosophy for Living	Aug 18, 25; Sep 1
Living in the Moment	Sep 8, 15, 22, 29; Oct 6
Positive Thinking, Easy Life	Oct 13, 20, 27; Nov 3, 10
The Secret of Self-Confidence	Nov 17, 24; Dec 1, 8, 15

Taught by Buddhist teacher Katrina Stucki.

Mondays 7.30 – 9.00pm

Gymea Hazelhurst Regional Gallery & Arts Centre, 782 Kingsway

Everyday Happiness	Jun 16, 23, 30
Buddhism: A Philosophy for Living	Jul 21, 28; Aug 4, 11, 18, 25; Sep 1
Living in the Moment	Sep 8, 15, 22
Positive Thinking, Easy Life	Oct 13, 20, 27; Nov 3, 10
The Secret of Self-Confidence	Nov 17, 24; Dec 1, 8

Taught by Buddhist nun Kelsang Tsalden.

Mondays 7.30 – 9.30pm

Neutral Bay Neutral Bay Public School, cnr Ben Boyd Rd & Yeo St

Everyday Happiness	Jun 16, 23, 30; Jul 7, 14
Buddhism: A Philosophy for Living	Jul 21, 28; Aug 4, 11, 18, 25; Sep 1
Living in the Moment	Sep 8, 15, 22, 29; Oct 6
Positive Thinking, Easy Life	Oct 13, 20, 27; Nov 3, 10
The Secret of Self-Confidence	Nov 17, 24; Dec 1, 8, 15

Taught by Buddhist teacher Wayne Tebbutt.

drop-in meditation classes

Mondays 7.30 – 9.30pm

Paddington Paddington Public School, Oxford St

Everyday Happiness	Jun 16, 23, 30; Jul 7, 14, 21
Buddhism: A Philosophy for Living	Aug 18, 25; Sep 1
Living in the Moment	Sep 8, 15, 22, 29; Oct 6
Positive Thinking, Easy Life	Oct 13, 20, 27; Nov 10
The Secret of Self-Confidence	Nov 17, 24; Dec 1, 8, 15

Taught by Buddhist nun Kelsang Shechog.

Tuesdays 7.30 – 9.30pm

Glebe Glebe Library, 186 Glebe Point Rd

Everyday Happiness	Jun 17, 24; Jul 1, 8, 15
Buddhism: A Philosophy for Living	Jul 22, 29; Aug 5, 12, 19, 26; Sep 2
Living in the Moment	Sep 9, 16, 23, 30; Oct 7
Positive Thinking, Easy Life	Oct 14, 21, 28; Nov 4, 11
The Secret of Self-Confidence	Nov 18, 25; Dec 2, 9, 16

Taught by Buddhist nun Kelsang Shechog.

Tuesdays 7.30 – 9.30pm

Kings Cross Rex Centre, 58a Macleay St (enter near Baroda St)

Everyday Happiness	Jun 17, 24; Jul 1, 8, 15
Buddhism: A Philosophy for Living	Aug 12, 19, 26; Sep 2
Living in the Moment	Sep 9, 16, 23, 30; Oct 7
Positive Thinking, Easy Life	Oct 14, 21, 28; Nov 4, 11
The Secret of Self-Confidence	Nov 18, 25; Dec 2, 9, 16

Taught by Buddhist teacher Mick Marcon.

Thursdays 7.30 – 9.30pm

Chatswood Dougherty Community Centre, 7 Victor St

Everyday Happiness	Jun 19, 26; Jul 3, 10, 17
Buddhism: A Philosophy for Living	Aug 14, 21, 28; Sep 4
Living in the Moment	Sep 11, 18, 25; Oct 2, 9
Positive Thinking, Easy Life	Oct 16, 23; Nov 13
The Secret of Self-Confidence	Nov 20, 27; Dec 4, 11, 18

Taught by Buddhist teacher Mick Marcon.

Thursdays 7.30 – 9.30pm

Manly Manly Community Centre, 12 Wentworth St

Everyday Happiness	Jun 19, 26; Jul 3, 10, 17
Buddhism: A Philosophy for Living	Jul 24, 31; Aug 7, 14, 21, 28; Sep 4
Living in the Moment	Sep 11, 18, 25; Oct 2, 9
Positive Thinking, Easy Life	Oct 16, 23, 30; Nov 6, 13
The Secret of Self-Confidence	Nov 20, 27; Dec 4, 11, 18

Taught by Buddhist nun Kelsang Phachog.

Thursdays 7.30 – 9.30pm

Newtown Dickson Space, 35 - 39 Dickson St

Everyday Happiness	Jun 19, 26; Jul 3, 10, 17
Buddhism: A Philosophy for Living	Aug 14, 21, 28; Sep 4
Living in the Moment	Sep 11, 18, 25; Oct 2, 9
Positive Thinking, Easy Life	Oct 16, 23; Nov 13
The Secret of Self-Confidence	Nov 20, 27; Dec 4, 11, 18

Taught by Buddhist nun Kelsang Shechog.

Thursdays 7.30 – 9.30pm

Randwick Randwick School, Cowper St (cnr Avoca St)

Everyday Happiness	Jun 19, 26; Jul 3, 10, 17
Buddhism: A Philosophy for Living	Jul 24, 31; Aug 7, 14, 21, 28; Sep 4
Living in the Moment	Sep 11, 18, 25; Oct 2, 9
Positive Thinking, Easy Life	Oct 16, 23, 30; Nov 6, 13
The Secret of Self-Confidence	Nov 20, 27; Dec 4, 11, 18

Taught by Resident Teacher Kelsang Dornying.

drop-in meditation classes

Thursdays 7.30 – 9.30pm

Surry Hills Bourke St Public School, 590 Bourke St

Everyday Happiness	Jun 19, 26; Jul 3, 10, 17
Buddhism: A Philosophy for Living	Aug 14, 21, 28; Sep 4
Living in the Moment	Sep 11, 18, 25; Oct 2, 9
Positive Thinking, Easy Life	Oct 16, 23, 30; Nov 6, 13
The Secret of Self-Confidence	Nov 20, 27; Dec 4, 11, 18

Taught by Buddhist nun Kelsang Zabdon.

Saturdays 11.00am – 12.15pm

Bondi Beach Bondi Pavilion, Queen Elizabeth Drive

Everyday Happiness	Jun 21, 28; Jul 5, 12, 19
Buddhism: A Philosophy for Living	Jul 26; Aug 2, 16, 23, 30; Sep 6
Living in the Moment	Sep 13, 20; Oct 4, 11
Positive Thinking, Easy Life	Oct 18, 25; Nov 1, 8, 15
The Secret of Self-Confidence	Nov 22, 29; Dec 13, 20

Taught by Buddhist nun Kelsang Tsalden.

Saturdays 11.00am – 12.30pm

Cronulla Cronulla Yoga Centre, Suite 1/57-61 Cronulla St (upstairs entrance via Purley Place)

Everyday Happiness	Jun 21, 28; Jul 5, 12, 19
Buddhism: A Philosophy for Living	Aug 9, 16, 23, 30; Sep 6
Living in the Moment	Sep 13, 20; Oct 4, 11
Positive Thinking, Easy Life	Oct 18, 25; Nov 1, 8, 15
The Secret of Self-Confidence	Nov 22, 29; Dec 13, 20

Taught by Buddhist nun Kelsang Shechog.

Simply Meditate Classes

Learn how to meditate. A weekly chance to discover the peace of meditation for yourself by exploring meditation techniques and positive minds. Classes are self-contained so you can drop in any week. Class Fee: $15.

Mondays 5.45 – 6.45pm

Circular Quay Level 2 Meeting Room, Customs House Library, 31 Alfred St

Jun 16 – Jul 21; Aug 18 – Sep 29; Nov 10 – Dec 15 inclusive

Taught by Buddhist teacher Natasha Mitchell.

Tuesdays 1.00 – 2.00pm

City City Dance Centre, 161 Castlereagh St, Sydney

Jun 17 – Dec 16 inclusive

Taught by Buddhist nun Kelsang Shechog.

Tuesdays 7.30 – 8.45pm

Bondi Junction Mahasiddha Buddhist Centre, 85 Old South Head Rd

Jun 17 – Dec 16 inclusive

Taught by Buddhist nun Kelsang Tsalden.

Wednesdays 1.00 – 2.00pm

North Sydney Conference Room, Stanton Library, 234 Miller St

Jun 18 – Jul 16; Aug 13 – Dec 17 inclusive

Taught by Buddhist teacher Mick Marcon.

Thursdays 11.30am – 12.45pm

Bondi Junction Mahasiddha Buddhist Centre, 85 Old South Head Rd

Jun 19 – Jul 17; Aug 14 – Dec 18 inclusive

Taught by Buddhist nun Kelsang Phachog.

other classes & events

Prayers for World Peace with Buddhist nun Kelsang Phachog

Sundays 4.30 – 5.30pm Mahasiddha Buddhist Centre

Jun 22, 29; Aug 24; Sep 7, 14, 21; Oct 5, 12, 26; Nov 16, 30; Dec 7, 14, 21

'Prayers for World Peace' is an opportunity to experience peace ourselves and bring peace to the world around us. Prayer is a powerful force – by praying together in this way we can be confident we are making a far-reaching contribution to our world, bringing about positive change both for ourselves and others. Everyone is welcome to join us for a short teaching, prayers and meditation for world peace.

Dharma for Kids with Buddhist teacher Katrina Stucki

Sundays 4.30 – 5.30pm Mahasiddha Buddhist Centre

Jun 22, 29; Aug 24; Sep 7, 14, 21; Oct 5, 12, 26; Nov 16, 30; Dec 7, 14, 21

While parents enjoy meditation in 'Prayers for World Peace', kids can explore spiritual themes in 'Dharma for Kids'. These short classes introduce children of all ages to Kadampa Buddhist meditation. Classes will include brief prayers, short meditations, simple teachings and fun activities. Every class will emphasise kindness to others and cultivating a happy heart. All are welcome, including parents. $3 suggested donation.

Australasian Festival 2008

31 Dec 08 - 4 Jan 09 | KMCA, Melbourne

Join us over the New Year at the KMCA, Melbourne, for the Australasian Festival. Gen-la Kelsang Khyenrab, the Deputy Spiritual Director of the New Kadampa Tradition, will grant the empowerments of Je Tsongkhapa and Dorje Shugden and give teachings on how to joyfully practise the spiritual path. The Festival is a unique opportunity to enjoy a spiritual holiday of teachings, meditations and empowerments in the company of spiritual practitioners of all levels. Everyone is welcome.

www.australasianfestival.org

Gen-la Kelsang Khyenrab

Kadampa Buddhism in Australia

The temple and main retreat centre for our tradition in Australia is located in the beautiful Dandenong Ranges, outside Melbourne. At the Kadampa Meditation Centre Australia (KMCA) we hold a variety of classes, retreats and special events. There are also centres and events in Adelaide, Central Coast, Gold Coast, Newcastle, Perth and Wollongong. For information please visit www.kadampa.org.au

Chanted Meditations & Retreats in Sydney

We hold regular chanted meditations and retreats at the centre. There is no charge for these events. For more information please call Mahasiddha Buddhist Centre or visit our website.

courses & study programmes

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meditation is a way of calming the mind, making us more peaceful, balanced and focused in our daily lives. Ultimately, it enables us to awaken our spiritual potential and find lasting joy and contentment.

buddhism is a path of individual transformation. It teaches us to look within ourselves for the inner peace and happiness we seek. By developing a more positive outlook, and in particular by deepening our wisdom and compassion, we can improve the quality of our life and gain great power to help others.

"when the turbulence of distracting thoughts subsides and our mind becomes still, a deep happiness and contentment naturally arises from within"

Venerable Geshe Kelsang Gyatso

Mahasiddha Buddhist Centre
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ABN: 78 272 243 503

Mahasiddha Buddhist Centre Incorporated is a not-for-profit organisation. All donations made to the Mahasiddha Centre Building Fund are tax deductible.

A Member of the New Kadampa Tradition – The International Kadampa Buddhist Union.

Kadampa Buddhism
NKT - IKBU